

UNCLASSIFIED//  
ROUTINE

DTG 0610301256Z

FM DA WASHINGTON DC//DAPE-HRPD-IRPD//  
PTC WASHINGTON DC//ALARACT//  
DA WASHINGTON DC//DALO-ZB//

SUBJECT: ARMY REGULATION (AR) 600-9, THE ARMY WEIGHT CONTROL PROGRAM (AWCP)

1. THE PURPOSE OF THIS MESSAGE IS TO ANNOUNCE EXCEPTIONS TO POLICY FOR IMPLEMENTATION OF AR 600-9, 1 SEPTEMBER 2006.

2. RAPID ACTION REVISIONS TO AR 600-9, IMPLEMENTED GUIDANCE CONTAINED IN DEPARTMENT OF DEFENSE INSTRUCTION (DODI) 1308.3, DATED 5 NOVEMBER 2002. THIS DODI ESTABLISHES BODY FAT (BF) CALCULATIONS FOR ALL SERVICES USING ONLY THE CIRCUMFERENCE-BASED METHOD WITH ONE SET OF MEASUREMENTS (MALES: HEIGHT, NECK CIRCUMFERENCE, AND ABDOMINAL CIRCUMFERENCE AT THE NAVEL. FEMALES: HEIGHT, NECK CIRCUMFERENCE, WAIST (ABDOMEN) CIRCUMFERENCE AT THE NARROWEST PORTION OF THE ABDOMEN, AND HIPS).

NOTE: WHEN COMPUTING THE AVERAGE OF THE THREE MEASUREMENTS IN COLUMN 4 OF DA FORMS 5500 AND 5501, ADJUST THE AVERAGE NUMBER IN COLUMN 4 BY ROUNDING UP OR DOWN BASED ON THE INSTRUCTIONS IN THE STEP BOXES 1-3.

3. ON 2 OCTOBER 2006, AR 600-9, DATED 01 SEPTEMBER 2006 WAS IMPLEMENTED ARMY-WIDE.

4. EFFECTIVE IMMEDIATELY THE FOLLOWING EXCEPTIONS APPLY:

A. SOLDIERS (ACTIVE ARMY, ARMY NATIONAL GUARD, AND ARMY RESERVES) IMPACTED BY THE NEW CALCULATIONS FOR ESTIMATING PERCENT BF ARE GRANTED A SIX MONTH PERIOD FROM 2 OCTOBER 2006 THRU 31 MARCH 2007 TO COMPLY WITH AR 600-9 BF STANDARDS BEFORE NON-PUNITIVE, ADVERSE PERSONNEL ACTION (I.E. FLAG) IS TAKEN. THIS INCLUDES SOLDIERS CURRENTLY ENROLLED AND SOLDIERS NOT CURRENTLY ENROLLED IN THE AWCP. THIS INCLUDES NONPUNITIVE, ADVERSE PERSONNEL ACTIONS FOR PROMOTIONS, SCHOOLS, AND OTHER ACTIONS AS OUTLINED IN AR 600-9, PARA 3-1D-3-1J. THE SIX MONTH PERIOD ALSO APPLIES TO MEMBERS THAT ENTERED THE DELAYED ENTRY PROGRAM PRIOR TO 2 OCTOBER 2006,

BUT HAVE NOT SHIPPED ONTO ACTIVE DUTY.

B. SOLDIERS CURRENTLY ENROLLED IN THE AWCP WHO NOW MEET THE NEWLY ESTABLISHED SCREENING TABLE WEIGHT (AR 600-9, TABLE 3-1) AND/OR BF STANDARD WILL BE REMOVED FROM THE PROGRAM. COMMANDERS WILL ADHERE TO THE EXISTING RULES OUTLINED IN AR 600-8-2, SUSPENSION OF FAVORABLE PERSONNEL ACTIONS (FLAGS), DATED 23 DECEMBER 04, FOR REMOVING FLAGS. A HISTORY OF THE SOLDIER S PREVIOUS ENROLLMENT IN THE AWCP UNDER AR 600-9 DATED 1987 WILL BE MAINTAINED. ANY PAST NON-PUNITIVE, ADVERSE ACTION THAT MAY HAVE BEEN TAKEN REMAINS VALID.

C. SOLDIERS PREVIOUSLY ENROLLED IN THE AWCP WHO MET BF STANDARDS BUT NOW DO NOT MEET THE BF STANDARDS BASED ON THE REVISED STANDARDS OUTLINED IN AR 600-9 WILL BE GIVEN THE SIX MONTHS EXCEPTION TO MEET THE NEW BF STANDARDS WITHOUT NONPUNITIVE, ADVERSE PERSONNEL ACTIONS (I.E. SEPARATIONS). IF SOLDIERS ARE UNABLE TO MEET THE NEW BF STANDARD AFTER 01 APRIL 2007, THEY WILL BE RE-ENROLLED INTO THE AWCP.

D. SOLDIERS CURRENTLY ENROLLED IN THE AWCP WHO DO NOT MEET THE NEWLY ESTABLISHED SCREENING TABLE WEIGHT (AR 600-9, TABLE 3-1)AND/OR BF STANDARD WILL BE GRANTED A SIX MONTH PERIOD FROM 2 OCTOBER 2006 THRU 31 MARCH 2007 TO COMPLY BEFORE ANY NON-PUNITIVE, ADVERSE PERSONNEL ACTION (I.E. FLAG) IS TAKEN.

E. ALL SOLDIERS WHO ARE CURRENTLY ENROLLED IN SCHOOLS FOR TRAINING AND WHO MET BF STANDARDS UNDER THE AR 600-9 DATED 1987 BUT FAIL TO MEET STANDARDS UNDER THE REVISED AR 600-9 DATED 2006 WILL NOT BE AFFECTED BY THE NEW STANDARDS UNTIL 01 APRIL 2007.

F. OFFICER EVALUATION REPORTS AND NONCOMMISSIONED OFFICER EVALUATION REPORTS WILL NOT BE ADVERSELY ANNOTATED UNTIL 01 APRIL 2007.

5. COMMANDERS AND SUPERVISORS WILL ENROLL SOLDIERS IMPACTED BY THE NEW BF PROCEDURES IN THE AWCP AND PROVIDE EDUCATIONAL AND OTHER PROGRAMS FOR SOLDIERS TO MEET BODY FAT STANDARDS. SUCH PROGRAMS WILL INCLUDE (1) NUTRITION EDUCATION SESSIONS CONDUCTED BY QUALIFIED HEALTH CARE PERSONNEL; AND (2) EXERCISE PROGRAMS, EVEN THOUGH MINIMUM ANNUAL PHYSICAL FITNESS TESTING STANDARDS ARE ACHIEVED {AR 600-9, PARA 3-1B (1) AND 3-1B (2)}.

6. THE DCS, ARMY G-1 HAS PREPARED A POWERPOINT PRESENTATION

ON THE UPDATED AR 600-9 BODY FAT PROCEDURES FOR UNIT TRAINING. THIS PRESENTATION CAN BE DOWNLOADED FROM THE ARMY G-1 WEB SITE AT [HTTP:WWW.ARMYG1.ARMY.MIL/HR/WEIGHT.ASP](http://www.armyg1.army.mil/hr/weight.asp) AND IS ALSO AVAILABLE AT ARMY KNOWLEDGE ON-LINE (AKO) AT [HTTPS://WWW.US.ARMY.MIL/SUITE/AUTHENTICATE.DO](https://www.us.army.mil/suite/authenticate.do).

7. THIS MESSAGE HAS BEEN AUTHORIZED BY THE DCS, ARMY G-1.

8. HQDA, G-1 POC FOR ARMY WEIGHT CONTROL POLICY IS LTC KATHLEEN WILTSIE, [KATHLEEN.WILTSIE@HQDA.ARMY.MIL](mailto:KATHLEEN.WILTSIE@HQDA.ARMY.MIL), DSN 223-1854, COMMERCIAL (703)-693-1854.

9. THIS MESSAGE EXPIRES 01 APRIL 2007.